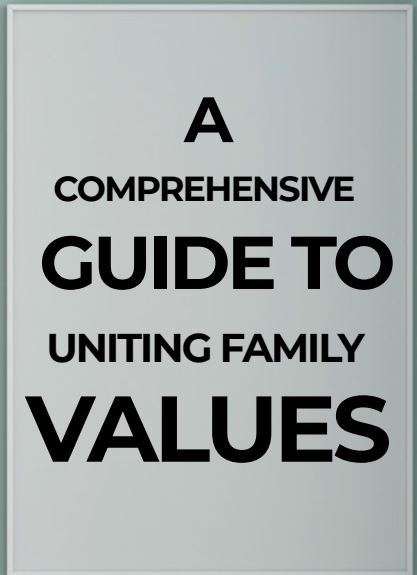






Thank You

Hello, I'm Coach Carol—a Life & Journal Coach, a believer in the power of pen-to-paper transformation, and a woman who has poured both heart and hands into building a legacy for my own family.

This resource, *Crest & Compass: A Comprehensive Guide to Uniting Family Values*, was birthed from the sweat equity of my personal journey—navigating the beautiful, challenging, and rewarding dynamics of a blended family. For years, my family sailed through waters stirred by strong undercurrents of misunderstanding, hurt, and misalignment. The tides were dangerous, the storms real.

Creating this guide was my way of turning the helm—of changing the tide toward hope, unity, and intentional living. It became a process that helped us anchor in shared values, strengthen our identity, and chart a course toward calmer seas and smoother sails.

Now, I offer it to you. May this guide steer your family into meaningful conversations, help you discover what you stand for together, and inspire you to design a crest that reflects both who you are and who you're becoming. Let it be your compass—pointing you toward a legacy built on trust, love, and purpose.

  Coach Carol

CREST & COMPASS:

GUIDING OUR FAMILY BY SHARED VALUES



A family SWOT analysis is a sacred excavation—an opportunity for households to uncover their strengths, examine blind spots, and chart a shared path forward with clarity and unity.

1

Step 1: Complete the Family SWOT analysis

Complete the SWOT analysis, then select a My FAMILY CREST from the provided options and put your family name in the bottom banner of the crest. Inside each section, draw or write one symbol, word, or image that represents your reflection from the SWOT Analysis.

2

Step 2: Choose Your Family Motto

Together, choose a short phrase, scripture, or quote that reflects your family's guiding principle. This becomes your Family Motto—the heartbeat of your values.

3

Step 3: Add Symbolic Elements Around the Crest

Surround the crest with symbols that reflect your family's identity and aspirations. Examples include:

- Faith or Beliefs: cross, open book, sun, tree
- Heritage or Traditions: flags, ancestral symbols, foods, instruments
- Virtues: heart (love), torch (wisdom), dove (peace), flame (passion)
- Aspirations: star (dreams), wings (freedom), bridge (connection)

Encourage each family member to contribute a meaningful symbol.

4

Step 4: Crown It With Intention

Above the crest, draw a crown, halo, or banner and write one word that represents what your family is becoming. Examples: Unity, Grace, Legacy, Resilience, Abundance.

5

Step 5: Reflect & Display

Once complete, take time to share what each symbol and word means. Hang the crest in a visible space or keep it in a family journal. Let it serve as a compass for decisions, conversations, and actions.

Bonus Journal Prompts

- What did we learn about our family through this process?
- Which symbol or value surprised us the most?
- How can we live out our crest daily?



CREST & COMPASS:

GUIDING OUR FAMILY BY SHARED VALUES



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STRENGTHS

What anchors us?

Highlight the qualities, traditions, and shared beliefs that make your family strong. Think of your core values, your unique culture, your unshakable bonds. These are your pillars—what others admire and what you lean on during life's storms.

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OPPORTUNITIES

What seeds are ready to be sown?

Explore areas where your family can grow closer, lead with purpose, or build new traditions. Consider untapped talents, upcoming milestones, or shared dreams waiting to be nurtured into legacy.

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WEAKNESSES

Where do we wobble?

Every family has areas for growth. Identify patterns, habits, or gaps in communication, trust, or time together. This is not about blame, but about awareness—what needs mending, strengthening, or more love poured in?

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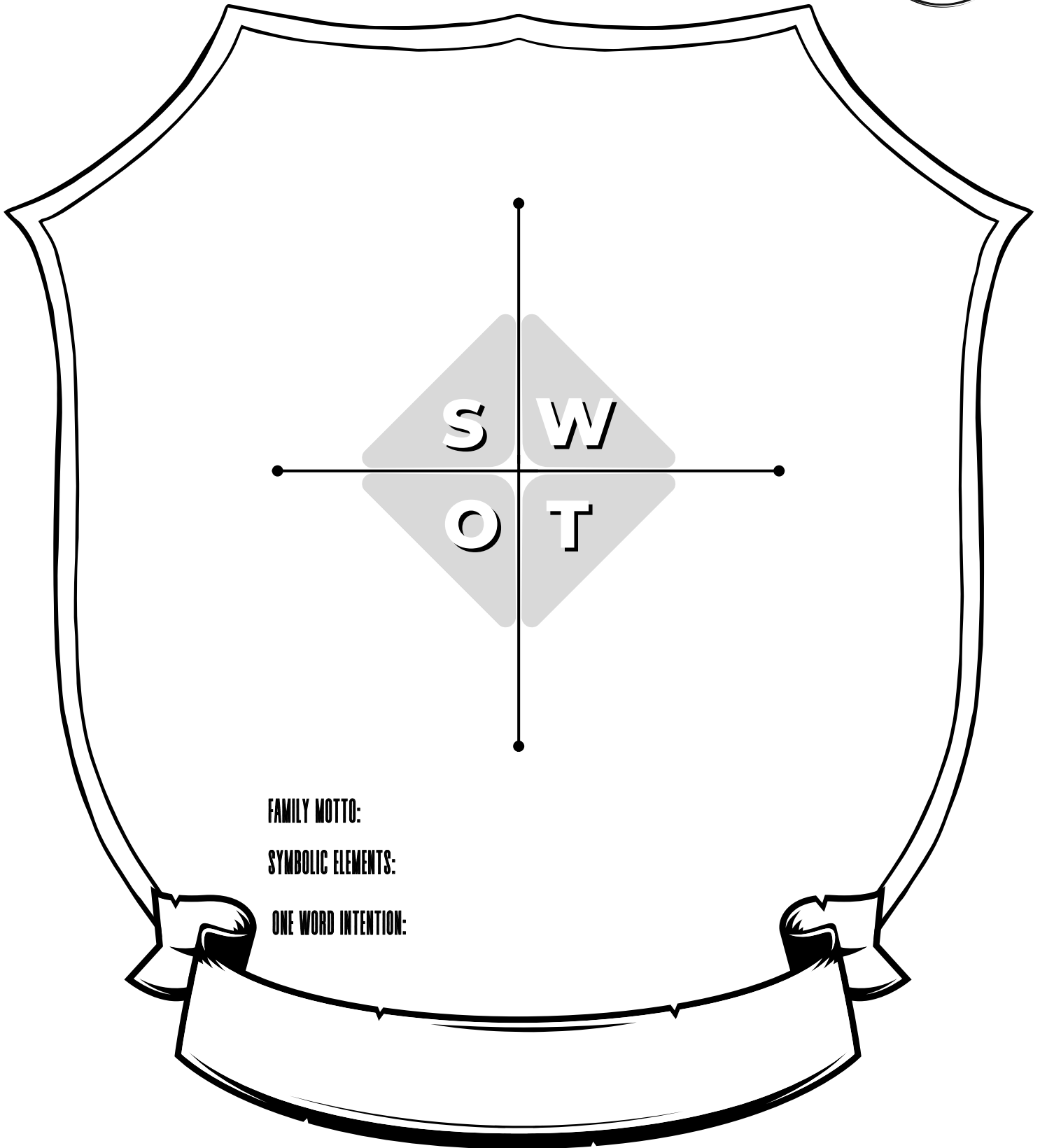
THREATS

What challenges could shake our foundation?

Reflect on external pressures or internal dynamics that could disrupt your unity. Be honest about distractions, generational wounds, or unresolved tension. Identifying them gives your family the power to stand together and fortify what matters.

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MY FAMILY CREST

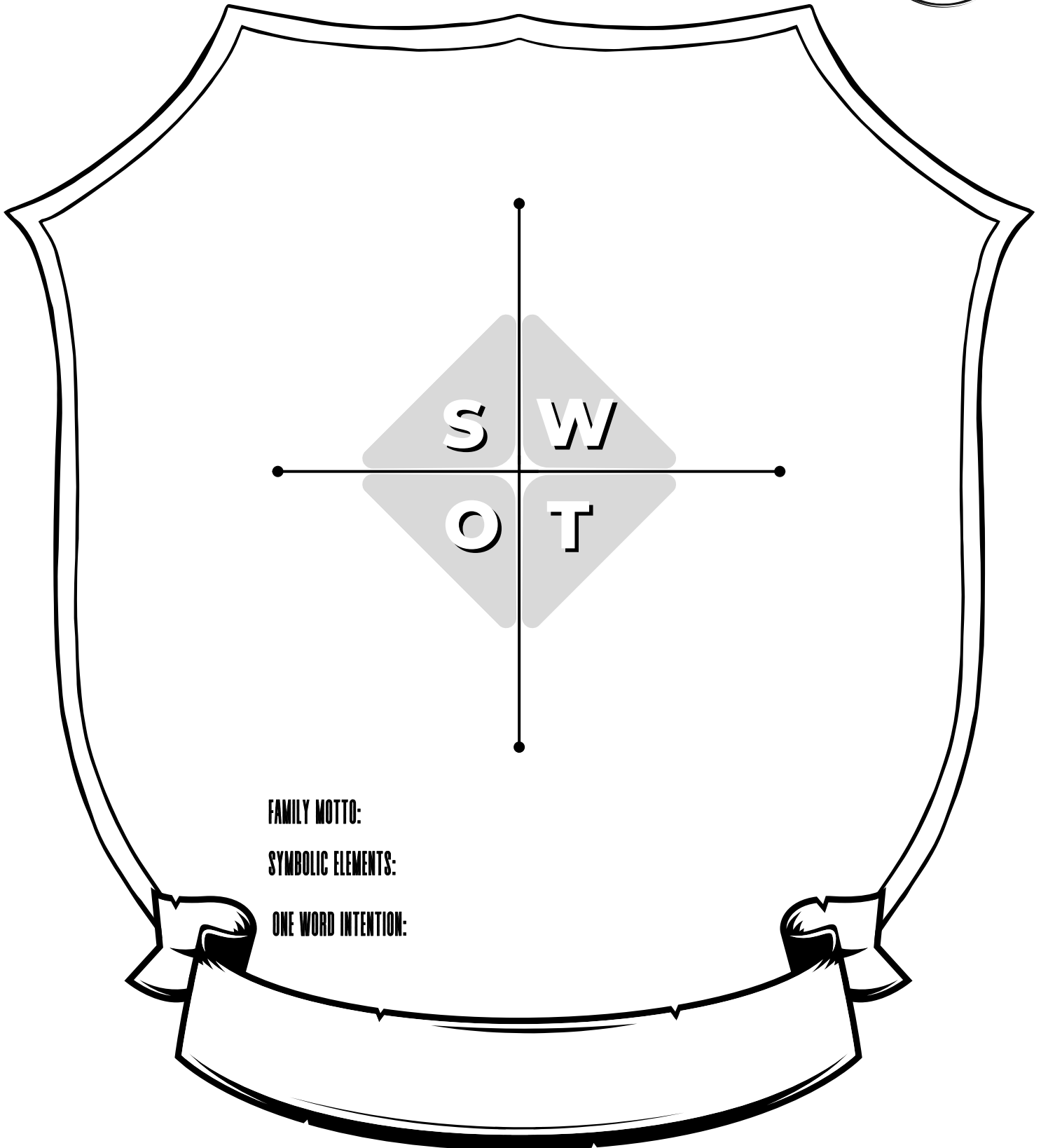


FAMILY MOTTO:

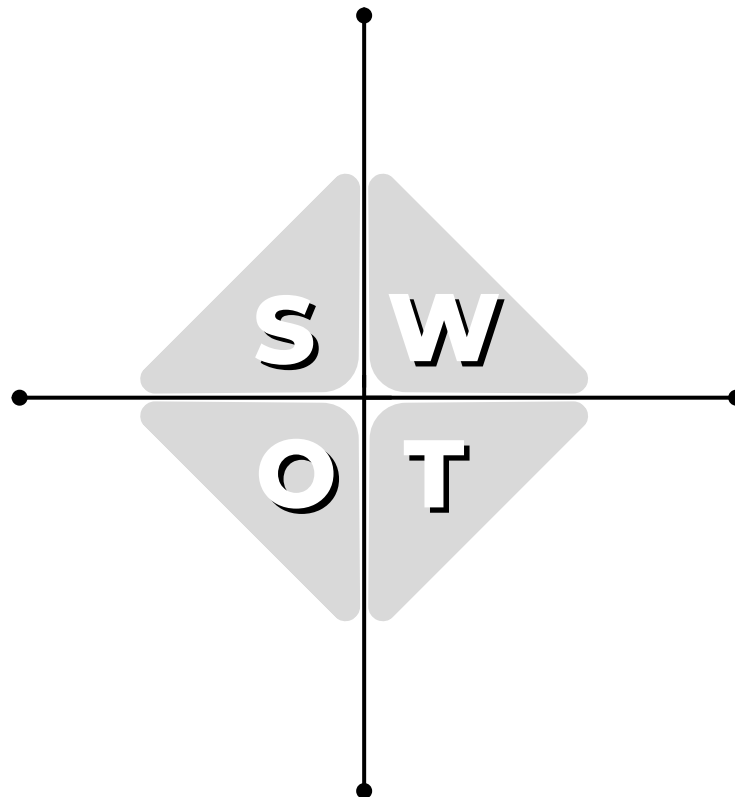
SYMBOLIC ELEMENTS:

ONE WORD INTENTION:

MY FAMILY CREST



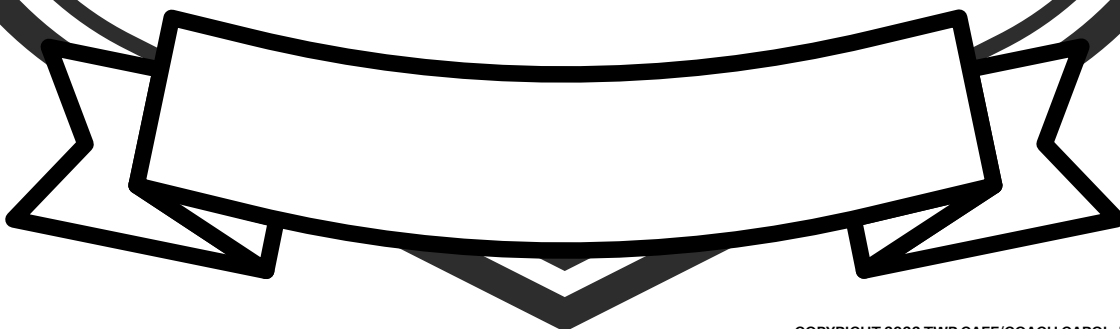
MY FAMILY CREST



FAMILY MOTTO:

SYMBOLIC ELEMENTS:

ONE WORD INTENTION:



MY FAMILY CREST



A large shield-shaped template for a family crest. The shield is divided into four quadrants by a vertical and a horizontal line. The quadrants are shaded gray and contain the letters S, W, O, and T. Below the shield, there is a banner with a scalloped edge.

FAMILY MOTTO:

SYMBOLIC ELEMENTS:

ONE WORD INTENTION:

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